



Baked Eggplant Fries

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



105 kcal

SIDE DISH

Ingredients

- 1 cup panko bread crumbs crispy
- 1 teaspoon pepper red crushed
- 1 serving salt and pepper
- 1 eggs
- 1 medium eggplant peeled cut into thin strips

Equipment

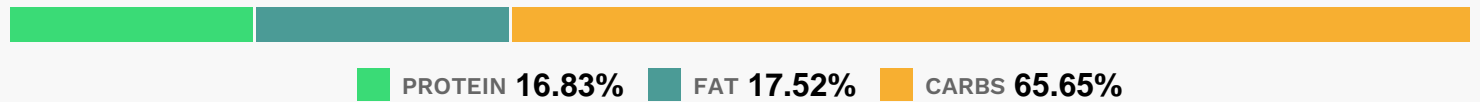
- bowl
- baking sheet

- baking paper
- oven
- whisk

Directions

- Heat oven to 450°F. Line cookie sheet with cooking parchment paper or silicone baking mat.
- In shallow bowl, mix bread crumbs, pepper flakes, salt and pepper. In another shallow bowl, beat egg with fork or whisk. Dip eggplant strips into egg, coating all sides; shake off excess.
- Roll in bread crumb mixture until coated.
- Place on cookie sheet.
- Bake about 20 minutes, turning once, or until coating is crisp and lightly golden.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.99, Inflammation Score:-4, Nutrition Score:7.4517391142638%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 105.01kcal (5.25%), Fat: 2.12g (3.26%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 17.86g (5.95%), Net Carbohydrates: 13.57g (4.94%), Sugar: 5.05g (5.61%), Cholesterol: 40.92mg (13.64%), Sodium: 184.36mg (8.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.16%), Manganese: 0.42mg (20.76%), Fiber: 4.28g (17.14%), Vitamin B1: 0.2mg (13.02%), Folate: 46.55µg (11.64%), Selenium: 7.6µg (10.86%), Vitamin B2: 0.16mg (9.28%), Potassium: 316.55mg (9.04%), Vitamin B3: 1.8mg (9.02%), Phosphorus: 75.51mg (7.55%), Copper: 0.14mg (7.2%), Vitamin B6: 0.14mg (7.18%), Iron: 1.27mg (7.04%), Magnesium: 24.55mg (6.14%), Vitamin B5: 0.58mg (5.78%), Vitamin K: 5.56µg (5.29%), Vitamin A: 233.99IU (4.68%), Calcium: 45.6mg (4.56%), Vitamin E: 0.66mg (4.41%), Zinc: 0.56mg (3.76%), Vitamin C: 2.52mg (3.06%), Vitamin B12: 0.15µg (2.51%), Vitamin D: 0.22µg (1.47%)